

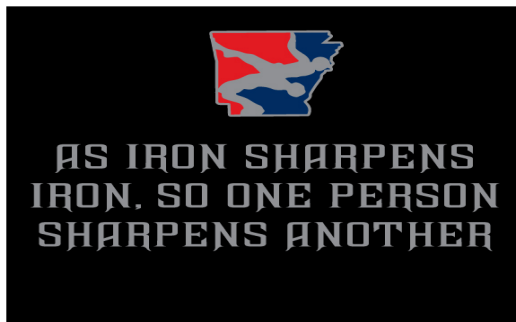
## WHY WRESTLING...

### IT'S NEVER TOO LATE TO START!

- ◆ Wrestling is a sport that helps develop agility and coordination.
- ◆ Wrestling helps develop a better sense of where your body is at all times.
- ◆ Wrestling helps develop strength and power in any athlete.
- ◆ Wrestling helps increase an athlete's flexibility and balance.
- ◆ Wrestling helps develop a strong work ethic.
- ◆ Wrestling offers one-on-one competition, which helps develop a strong character.
- ◆ Any child can compete in wrestling and have success, regardless of height, weight, speed, or strength.
- ◆ Success depends on the individual effort of each athlete.
- ◆ Wrestling helps your child develop high levels of self-esteem, self-worth, self-discipline, and self-acceptance.



SIGN UP  
TODAY!  
LIMITED SPOTS  
AVAILABLE.



315 West Olive  
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**Rogers Activity Center**

## Rogers Activity Center

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- ⇒ Develop better body control.
- ⇒ Promote "individual accountability" in a team environment.
- ⇒ Compete athletically on a level playing field. Wrestling involves competing against opponents the same weight. The Ultimate 1 on 1 battle.
- ⇒ Increase mental and physical stamina. Pound for pound, wrestlers are some of the world's best athletes.
- ⇒ Increase tackling and blocking skills for football.
- ⇒ Improve physical conditioning during off season.



**479-631-0336**

# WRESTLING

## PROGRAM DETAILS



### Answers to Common Wrestling Questions...

- ♦ **Is there a Risk of Injury?** Wrestling is a contact sport and injuries may occur. Most injuries are minor consisting of sprains and strains. Studies show wrestling has fewer injuries than football, basketball, or ice hockey due to constant contact with an opponent rather than contact involving speed.
- ♦ **Does this sport encourage or require weight loss or gain?** No, the Club uses weight classes as a measurement to pair up wrestlers of similar weight. The wrestler will not be asked or required to lose or gain any weight.
- ♦ **Is this the wrestling I see on TV?** Absolutely NOT!!!!...unless you were watching the Olympics. The TV type is for entertaining purposes. The club wrestling program focuses on folk-style and freestyle which can be tracked back to the earliest form of competition.
- ♦ **Are the mats sanitized?** Our mats are sanitized daily and we promote good physical hygiene practices.

**WHO:** Boys/girls ages 6-18

**COST:** \$65 Registration Fee (RAC Membership Required) For each division more costs may be incurred for tournament fees and travel. *Elite wrestlers will also pay a monthly coaching fee of \$25 per wrestler. If paid in full before Nov. 29, 2013, the total coaching fee will be \$100 for the 5 Month Season.*

All wrestlers will receive a USA Wrestling Membership Card and Club Shirt.

### NEW LEAGUE STRUCTURE THIS YEAR

*The league structure below will better fit the needs of our wrestling community by focusing on age and skill appropriate levels.*

#### **NOVICE PROGRAM**

All first and second year wrestlers along with all wrestlers age eight and under. Practices will take place two times per week and will take place in November and December only. Limited travel and tournaments.

#### **INTERMEDIATE PROGRAM**

Wrestlers with at least two years of experience or age nine and older. Practice will take place four times per week and will take place November through March. Limited travel and tournaments.

#### **ELITE PROGRAM**

New program open for advanced wrestlers only. Advancement into this program will be by invitation. Practices will take place four times per week and will take place November through March. Must compete in at least seven open tournaments plus three national tournaments.

### IMPORTANT CLUB DATES

**WRESTLING SIGN-UPS START OCT. 1**

**PARENT MEETING OCT. 28**

**PRACTICE STARTS OCT. 28**

**ROGERS OPEN TOURNAMENT DEC. 21**

**STATE TOURNAMENT MARCH 8**

### CLUB PHILOSOPHIES

The Rogers Activity Center Wrestling Club is an affiliate of USA Wrestling, the national governing body for the sport of wrestling in the United States. The purpose is to instill a passion for wrestling within each child.

The Club provides a safe, fun learning environment for wrestling.

### COACHING STAFF

Our coaching staff consists of past wrestlers and coaches with wrestling experience from many states. Each coach on the mat is certified by USA Wrestling.



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